

ABSTRACT OF THE DISCLOSURE

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5 The present invention provides a method of treating auto-immune diseases in an animal comprising the step of orally administering a type one interferon to said animal. Also provided is a method of reducing inflammation associated with an auto-immune disease in an animal comprising the step of orally administering a type one interferon to said animal. Further provided is a method of

10 decreasing the levels of a cytokine in an individual having multiple sclerosis, comprising the step of orally administering a type one interferon to said individual, wherein said cytokine is selected from the group consisting of TGF- β , IL-2, IL-10, IFN- γ and the inflammatory soluble serum marker ICAM-1. In addition, the

15 present invention provides a method of decreasing the incidence of insulin-dependent diabetes mellitus in at-risk populations, comprising the step of orally administering INF- α to individuals of said at-risk population.

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